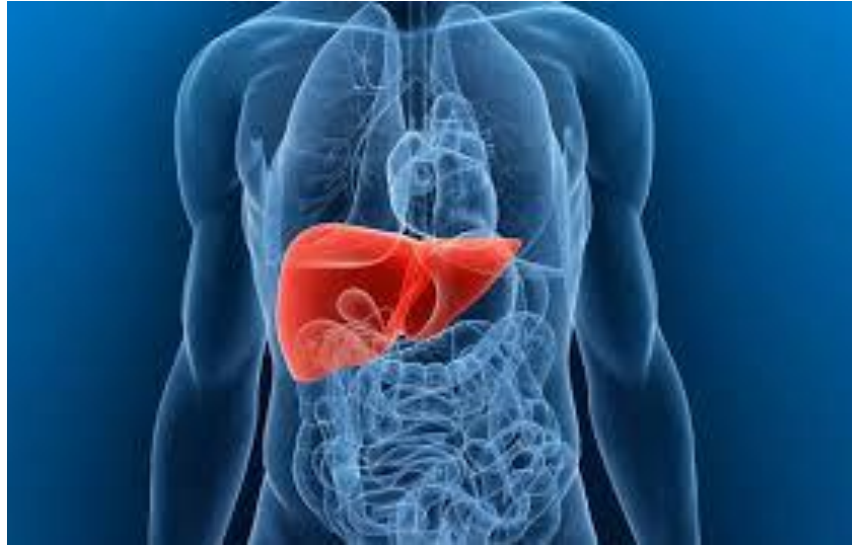


LIVER HEALTH



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Bedford Board of Health
July 28, 2015



Liver Disease Statistics (1)

- ▶ More than 30 million Americans have some form of liver disease– That's 1 in 10 Americans
- ▶ Hepatitis C, NAFLD and liver cancer are on the rise
- ▶ More than 1 million Americans are infected with hepatitis B
- ▶ More than 4 million Americans have hepatitis C
- ▶ Three quarters of people infected with hepatitis C don't know they have it because they can have no symptoms for years
- ▶ Based on CDC data, more than 75% adults with hepatitis C are baby boomers.
- ▶ Base on the MDPH data, rates of newly reported cases of hepatitis C among persons age 15–24 years are on the rise.



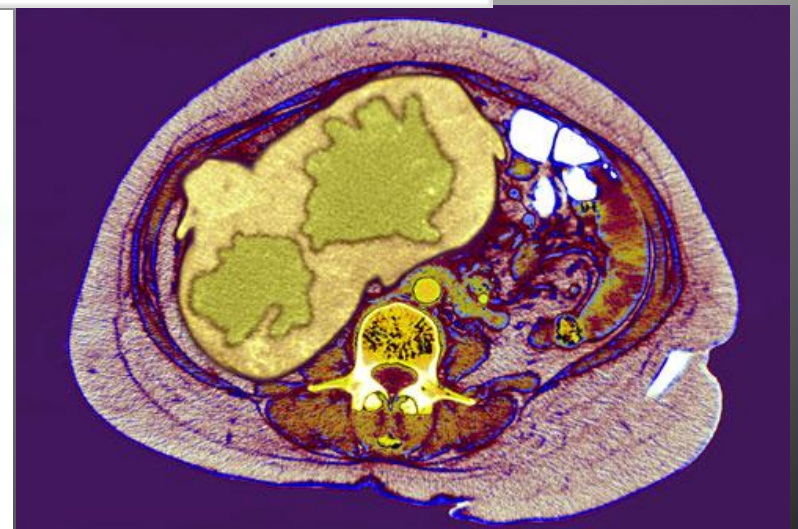
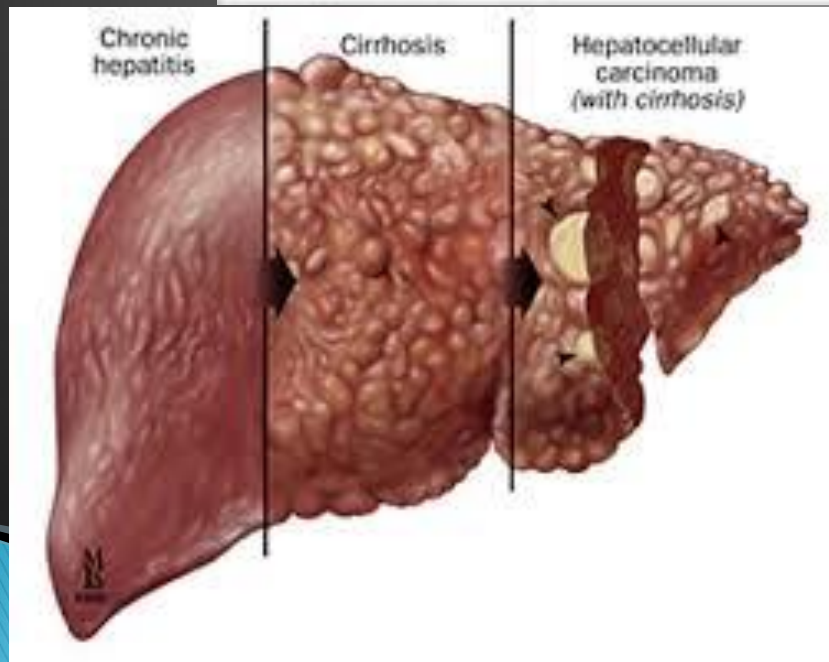
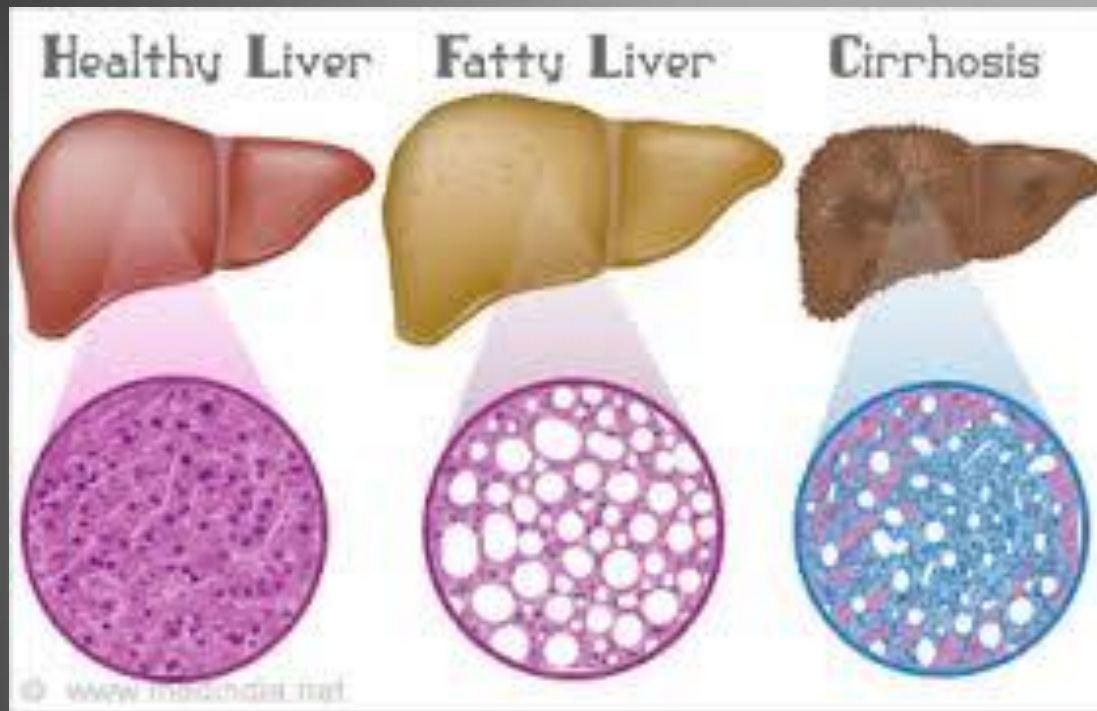
Liver Disease Statistics (2)

- ▶ Each year, about 21,000 Americans are diagnosed with primary liver cancer—one of the cancers still on the rise in the U.S.
- ▶ Every year, approximately 15,000 Americans die from liver cancer or chronic liver diseases associated with viral hepatitis
- ▶ More than 20% of Americans have fatty livers

Commonly seen Liver diseases

- ▶ Hepatitis A
- ▶ Hepatitis B
- ▶ Hepatitis C
- ▶ Fatty Liver
- ▶ Cirrhosis
- ▶ Liver Cancer





Liver Cancer

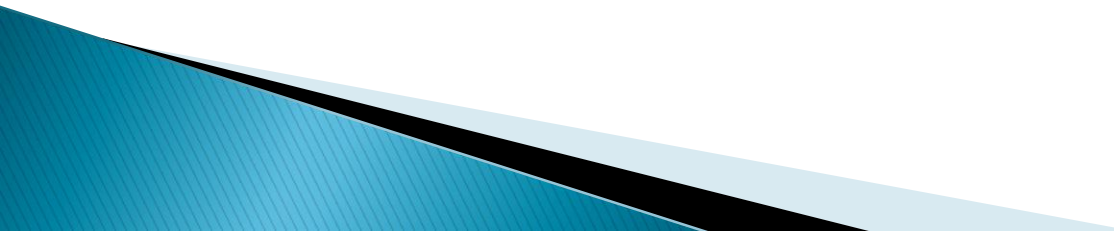
Hepatitis A

- ▶ Caused by the hepatitis A **virus** (HAV).
- ▶ Transmitted through contaminated food
- ▶ HAV can cause the liver to swell and not work well.

Prevention:

Vaccination– the best way to prevent Hepatitis A.

Washing your hands with soap and warm water immediately after using the bathroom or changing a diaper and before preparing or eating food




Hepatitis B

- ▶ Caused by the hepatitis B **virus** (HBV) HBV can remain infectious in the environment for 1 week
- ▶ Transmitted through contact of contaminated blood
- ▶ HBV can cause the liver to swell and can lead to cirrhosis and liver cancer.

Prevention: Vaccination is the best way to prevent Hepatitis B.

Other ways to stop the spread of HBV are:

- Not sharing needles
 - Practicing safe sex
 - Not sharing razors, toothbrushes, or other personal items
 - Using only clean needles for tattoos and body piercings
- 

Hepatitis C

- ▶ More than 4 million Americans have hepatitis C
- ▶ Caused by the Hepatitis C **virus** (HCV).
- ▶ Transmitted through contact of contaminated blood
- ▶ HCV can cause the liver to swell and can lead to cirrhosis and liver cancer.

Prevention: There is no vaccine to prevent HCV.

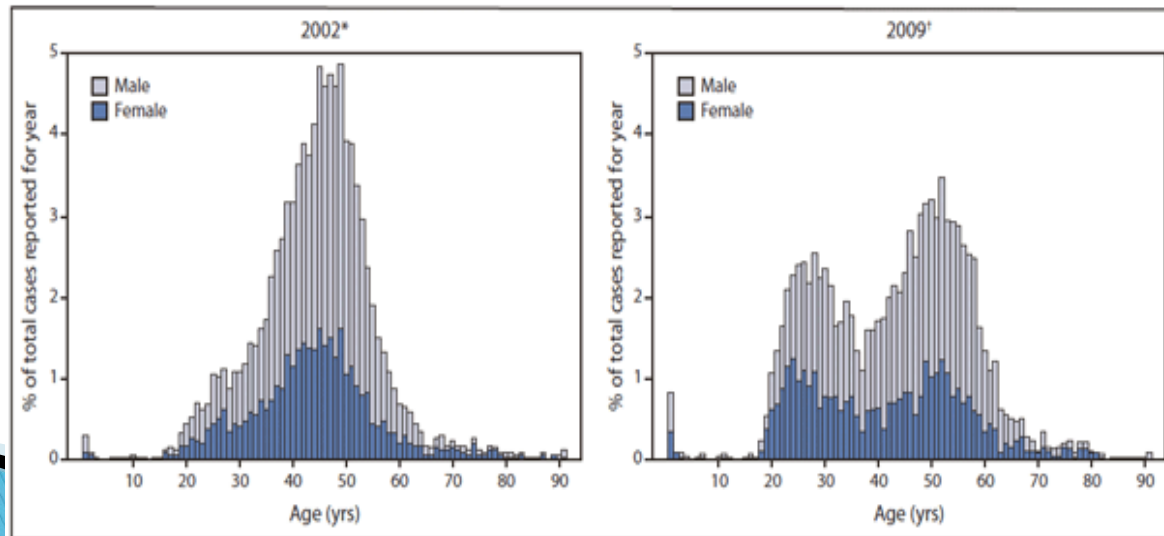
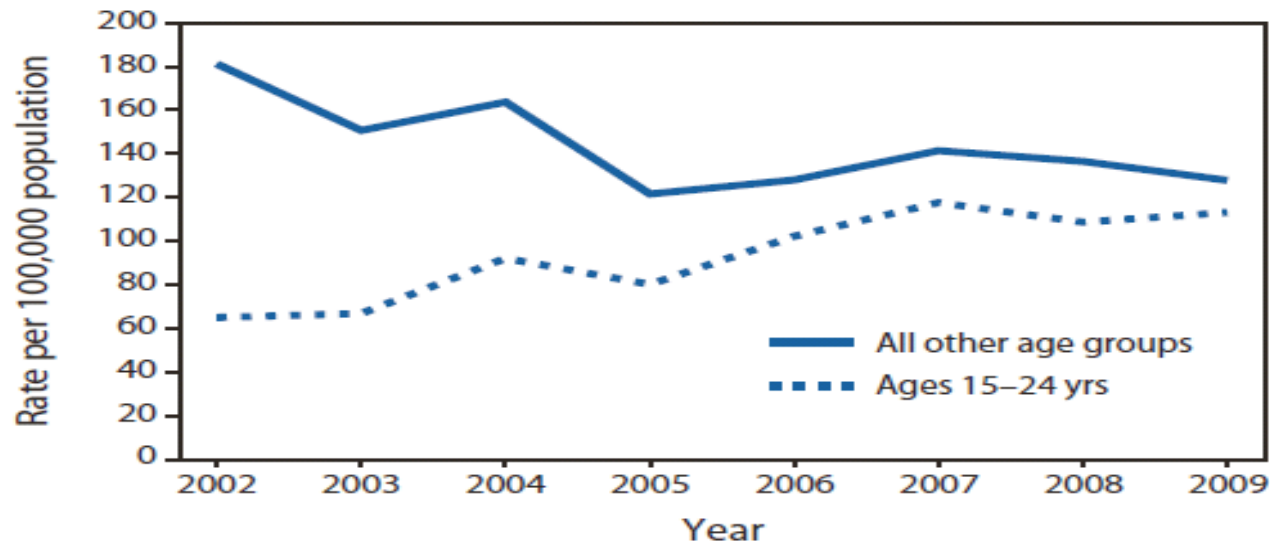
- ▶ The only way to prevent HCV is to avoid direct contact with infected blood.
- ▶ Get test for Hep C if you are at risk.
 - Received blood transfusion or organ transplant before 1992
 - Received clotting factor before 1987
 - Have ever injected drug, even if just once
 - Were born from 1945–1965
- ▶ Not sharing needles
- ▶ Practicing safe sex
- ▶ Not sharing razors, toothbrushes, or other personal items
- ▶ Using only clean needles for tattoos and body piercings

Hepatitis C

- ✓ Hepatitis C virus infection is a major cause of liver disease & liver cancer in the US.
 - ✓ Estimate 2.7–3.9 million of active HCV infection, most were born during 1945–1964– likely were infected during the 1970–1980s before the advent of prevention measures.
 - ✓ Between 2002–2006, the total case were dropping. However, an increase was observed among cases in 15–24 year age group.

FIGURE 1. Rates of newly reported cases of hepatitis C virus infection (confirmed and probable) among persons aged 15--24 years and among all other age groups --- Massachusetts, 2002--2009 Hepatitis C virus Infection Among Adolescents and Young Adults Massachusetts, 2002--2009

MMWR May 6, 2011 / 60(17);537-541

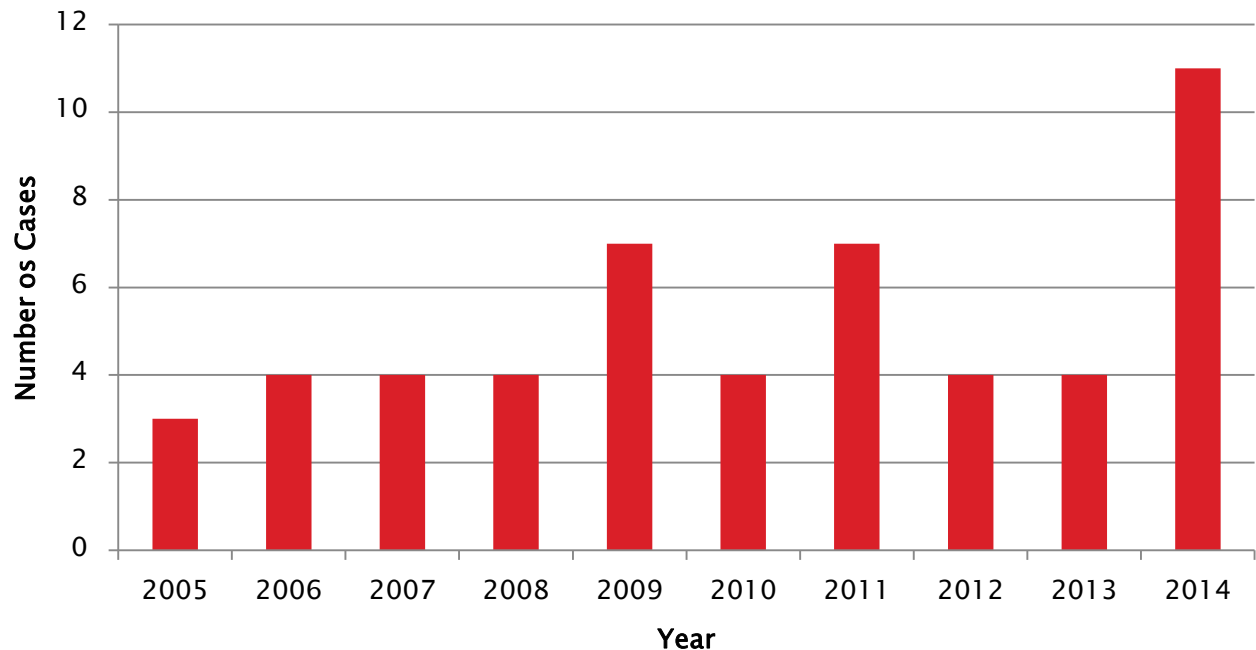


Age distribution of newly reported confirmed cases of hepatitis C virus infection --- Massachusetts, 2002 and 2009

Confirmed Hepatitis C Cases Reported to BOH

Year	# of cases
2005	3
2006	4
2007	4
2008	4
2009	7
2010	4
2011	7
2012	4
2013	4
2014	11

Hepatitis C in Bedford, MA



Fatty Liver Disease

Caused by fat build up of in liver cells. It can cause the liver to swell and can lead to cirrhosis.

- ▶ Alcohol induced FLD
- ▶ Non-alcoholic FLD

Prevention:

- ▶ Eating a healthy diet
- ▶ Maintaining a healthy weight
- ▶ Exercising regularly
- ▶ Limiting the amount of alcohol you drink
- ▶ Maintaining a normal cholesterol level



Liver disease caused by Alcohol/Drugs

Drinking too much alcohol can cause inflammation of the liver and can lead to cirrhosis.

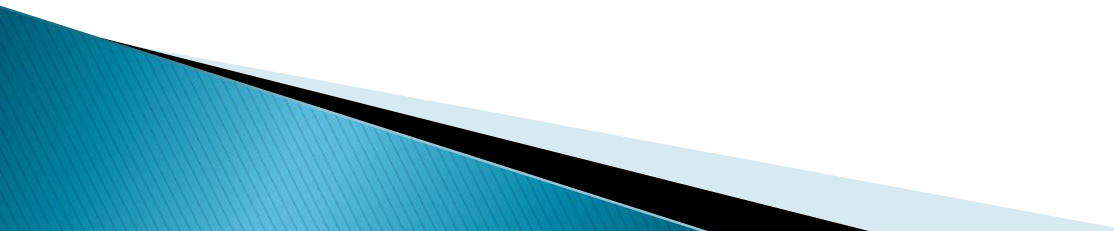
Taken medication incorrectly — by taking too much or the wrong type or by mixing drugs can harm the liver.

Prevention:

- ▶ Do not drink excessively (limited to 1 drink a day for a woman or people over 65, 2 drinks a day for a man)
- ▶ Learn about medicines and how they can affect the liver
- ▶ Follow dosing instructions
- ▶ Talk to a doctor or pharmacist about the medicines you are taking
- ▶ Mixing alcohol and medicines can harm your liver, even if they are not taken at the same time



Managing Your Medications

- ▶ **FOLLOW** dosing instructions.
Take medicine as directed.
 - ▶ **READ** the label.
Read drug labels carefully.
 - ▶ **TALK** to your doctor or pharmacist.
They can answer any questions you may have.
 - ▶ **KNOW** your medicines.
Learn as much as you can about the medicines you take.
 - ▶ **USE** responsibly.
Remember — more medicine is not better!
- 

What is a Drink?

**12 fl oz of
regular beer**

=

**8–9 fl oz of
malt liquor**
(shown in a
12 oz glass)

=

**5 fl oz of
table wine**

=

**1.5 fl oz shot of
80-proof spirits**
(whiskey, gin, rum,
vodka, tequila, etc.)



about 5%
alcohol



about 7%
alcohol



about 12%
alcohol



about 40%
alcohol

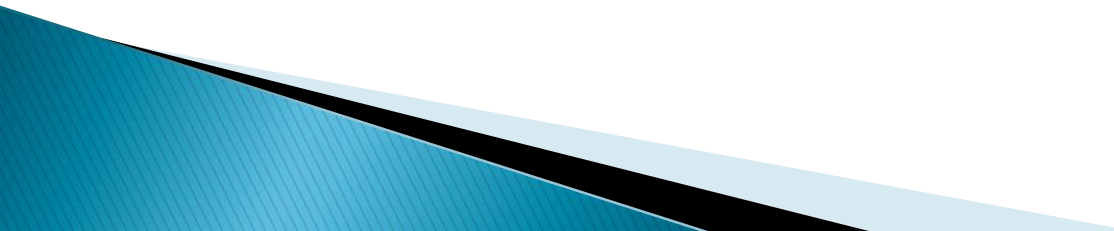
The percent of “pure” alcohol, expressed here as alcohol by volume (alc/vol), varies by beverage.

Non-alcoholic Fatty Liver Disease

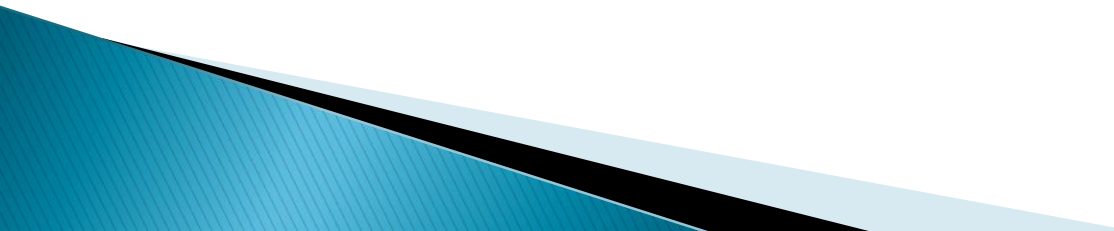
Causes: Fat accumulation in the liver, inflammation in the liver

Symptoms: Fatigue, Pain/discomfort in the upper right abdomen

Risk Factors:

- ▶ High Cholesterol
 - ▶ High Triglycerides
 - ▶ Obesity
 - ▶ Type 2 Diabetes
 - ▶ Hypothyroidism
 - ▶ Rapid weight loss
 - ▶ Poor eating habits
 - ▶ Diagnoses by blood test–liver function test & Ultrasound
- 

Is there ways to reverse Fatty Liver Disease?

- ▶ Less carbohydrate–bread, pasta, rice, breakfast cereal, cakes, pastry, donuts, biscuits, fries, Pretzels
 - ▶ Less alcohol– limit alcohol consumption to 7 standard drinks per week
 - ▶ Eat more vegetables, protein and the right fats–liver healing foods help to cleanse & repair the liver filter
 - ▶ Exercise
- 

Foods that Cleanse the Liver

